**MyPlate**

Label and color each food group. Then, list the key consumer message for each.

**Your Serving Sizes**

List the serving sizes from each food group that YOU need daily.

|  |  |  |  |
| --- | --- | --- | --- |
| **Food Group** | **Serving Size** | **Food Group** | **Serving Size** |
| **Fruits** |  | **Grains** |  |
| **Vegetables** |  | **Dairy** |  |
| **Protein** |  |  |  |